

AgeWell Services (AWS)

The Scroll

June, July, August 2021

AgeWell Services' (AWS) Staff

Kristi Fenick, District Manager, CTRS

Marla Davis, Supervising Recreation Specialist, CTRS

Aldo Cordova, Recreation Specialist, Temporary Assignment

Rafael Padilla, Assistant Recreation Center Director

Jennifer Walsten, Recreation Leader II

Barre McKee, Recreation Therapy Intern

Programs offered in this newsletter are for adults 55 years and better.

AgeWell Services will be closed July 5th in observance of the City Holiday.

To join our mailing list, or for more information,
please call (619) 525-8247 or email thescroll@sandiego.gov.

*Throughout this newsletter there are a number of community-sponsored activities.
The City of San Diego does not necessarily endorse the services offered by these organizations.*

Visit us on the web at:

<https://www.Sandiego.gov/agewell>

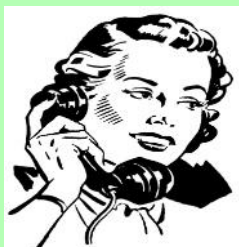
Announcements

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AgeWell Services Social Calls

A compassionate voice in the lives of older adults can make a powerful difference especially during these unprecedented times. City of San Diego Parks and Recreation staff and volunteers will call you, FREE, up to 7 days a week, between 8:00am and 11:00am just to check-in and say "hello". Call (619) 236-6910, or email thescroll@sandiego.gov to add yourself or a loved one to the Social Call list.



Out of Class Rotation & Staff Support

AgeWell Services has been without a full-time Recreation Specialist since February 2020. Aldo Cordova, Pool Manager I, Aquatics Division, will cover the next Recreation Specialist rotation starting in May. AgeWell Services' is very grateful for the support other Parks and Recreation staff members have provided over the past several months. Thank you Dang Le, RLI; Trena Bennett, CD; Caitlin Weston, ARCD; Mark Leo, TRL; Alicia Bianchi, TRL; Victor Ortiz, TRL; Samantha Greene, TRL; Michael Rodriguez, TRL; Sharon Moninger, TRS; Ariana Arrieta from San Ysidro Library and Luis Azurdia Barrera, Fabian Alvarez, David Fullen, Edgar Jimenez, Noah Johnson and Rae Weber from Aquatics Division for assisting AWS with day to day duties, special events, virtual programs, Age-Friendly San Diego initiative, Technology Training and Social Calls.

Welcome Barre Mckee

Therapeutic Recreation intern, Barre McKee, has an unusual name. Fortunately, the pronunciation is as simple as "berry." She is a Recreation Therapy Major at California State University East Bay. She was born and raised in sunny San Diego and spent an additional 26 years in the mountains of Colorado. She is a big fan of nature and outdoor activities that includes spending time with her Golden Retriever, Bear. She has a passion for helping others, a background with a non-profit home health agency as a Director of Volunteers and has worked as a Licensed Massage Therapist for 25+ years. Barre will be completing her internship from May to August 2021 and graduate with a Bachelor of Science degree in Recreation Therapy in August 2021.



Veterans Appreciation Month

In honor of your service to our country, we will celebrate veterans, of all ages, by showing our appreciation the entire month of November. Dig those photos out of yourself or a loved one, in uniform, who has served in the military, mail them to thescroll@sandiego.gov by **Monday, October 11th**. You can also mail a picture to Park De La Cruz, 3901 Landis Street, San Diego, CA 92105. Staff will scan your picture and send it back to you. Please make sure to identify and include your:

- Branch of Service
- Rank
- Number of Years Served
- Military Occupational Specialty
- Stories You Would Like to Share About Your Service



The photos will be shown repeatedly throughout the month of November on the City of San Diego's AgeWell Services website. For more information, contact Jennifer W. at (619) 525-8247.

Technology Training for Older Adults

(55 and better!)



Who: Older adults, 55 years...and better!

What: 1-hour training appointments over the phone.

Why: To assist older adults in becoming more confident in using technology.

When: Mondays – Saturdays. Appointment times vary.

Cost: **FREE!** It's a complimentary service!

How: For an appointment call: **619-236-6906** or email: **thescroll@sandiego.gov**. A City of San Diego Parks and Recreation staff member will patiently assist you, at your own pace, to become a more proficient technology user.



This program was made possible thanks to grant support from The San Diego Foundation.

Online Registration

When registering for programs, use the registration code listed in the Scroll newsletter.
The following is information on how to register.

Steps to register on SD Rec Connect

Register online at www.sdreconnect.com

Create an online profile using the Activity Registration System. Log on at

SDRecConnect.com. First Time Online Registration: Click “Create an Account”. Fill out “New Account Request” form completely for the primary responsible person, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you’ve used this special link. **Note:** it’s possible this email will go to your “spam” folder, so check carefully. To avoid duplication, be sure to let others in your household know you’ve set up the account.

Returning Customers: For people who have an existing account online, click the “Sign In” or “My Account” button. Enter your login (email address) and password.

AWS Staff Are Here To Help You Navigate Program Registration

We know registering for programs can be daunting. We are happy to walk you through the process over the phone. For assistance in registering on SDReconect.com and ZOOM, call (619) 236-6906 to make a 1:1 appointment with our staff.

Summer registration starts May 15, 2021 at 10:00am
Fall registration starts August 14, 2021 at 10:00am

Activities

As long as county guidelines allow, the programs listed as “In-person” will be held at Park de la Cruz (3901 Landis St., SD, 92105) or at the designated recreation center. Staff will strictly follow the County of San Diego Covid-19 guidelines and thus all guests must wear a face mask (over nose and mouth) and follow physical distancing. Call (619) 525-8247 for more information.

All codes are directly linked to [SDRecConnect.com](https://sdrecconnect.com), so click the code to sign up. See page 4 for registration instructions. Zoom codes will be sent prior to start of programs.

Tech Program Mondays, Wednesdays, Fridays: 10:00–11:30am
(In-person)

Registration Code: [90676](#)

Upon clearance (hopefully in June), AWS will offer small group technology trainings at Park De La Cruz. This program is geared for Android and Apple tablets and smart phone devices. For more information, call Aldo at (619) 236-6906 or email CordovaA@sandiego.gov.

Virtual Seniors Mondays & Wednesdays: 10:00–11:00am Registration Code: [89964](#)

Virtual Seniors consist of a current event discussion on Monday's and a movie review on Wednesdays. The class is meant to flow freely and encourage discussion amongst all participants while respecting and following the program rules and guidelines. At the end of every session, we will have a 10-minute round table. Leader: Golden Hill Rec. Center Staff

Chair Fitness

Mondays: 10:30am–11:30am
Thursdays: 1:00pm–2:00pm

Registration Code: [85065](#)

Chair-based fitness classes use seated and standing exercises combining unique Latin moves with rhythms to create an exciting dynamic workout. The class combines boxing drills and constant easy movements for a well-rounded workout. Improve balance, flexibility and reduce stress.

Leader: Trena Bennett, Lopez Ridge Recreation Center

Yoga Tuesdays & Thursdays: 7:00am–8:00am Registration Code: [89947](#)

Calling all early risers! Discover how yoga can strengthen your core, improve posture and decrease stress and anxiety. Wear comfortable and loose fitting clothes. Se Habla Espanol.

Leader: Irma L., Volunteer

Better Than Ever Senior Program Tuesdays: 8:00–9:00am Registration Code: [89883](#)

Join us for an exciting new program which will have older adults feeling *Better Than Ever*. Partake in breathing exercises, slow stretching and muscle use techniques with items found around your home. This class will keep you active and feeling great!

Leader: Gilbert Herrera, Canyonside Recreation

PDLC Café (In-person) Tuesdays & Thursdays: 8:30–11:30am Reg. Code: [90650](#)

Join us on the outdoor patio at Park de la Cruz Community Center for a cup of coffee or tea and an opportunity to socialize with peers and staff. All café guests must wear a face mask while visiting the café except when drinking a beverage. Food is not be allowed at this time. For more information, call Jennifer at (619) 525-8247 or email jwalsten@sandiego.gov.

Leader: Jennifer Walsten

Activities Continued

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 4 for registration instructions. Zoom codes will be sent prior to start of programs.

Book Club

Last Tuesdays: 10:00–11:00am

Registration Code: [89575](#)

Join us on the last Tuesday of each month for some thoughtful conversations about a previously selected book. You do not need to have read the entire book to participate in the conversation. June –Eleanor Oliphant is Completely Fine; July—Moloka’I; August—The Woman in Cabin 10.

Leader: Becky Lowndes, Canyonside Recreation Center

Basics of Embroidery

Tuesdays & Thursdays 12:30–1:30pm

Registration Code: [89972](#)

(In-person: see page 5)

Learn beginners embroidery and chat with community members at Encanto Recreation Center (6508 Wunderlin Ave., SD). Call (619) 527–3411 for questions.

Leader: Miranda Church, Encanto Recreation Center

Zumba

Wednesdays: 9:00–10:00am

Registration Code: [89949](#)

Zumba is an easy-to-follow program that lets you move at your own speed. Wear comfortable clothes, have water handy and be ready to dance to Zumba videos geared for older adults and individuals of all ability levels. Se Habla Espanol.

Leader: Rafael Padilla

Mindful Mornings

Wednesdays: 10:00–11:00am

Registration Code: [89954](#)

(In-person: see page 5)

This program will incorporate various parts of mindfulness from meditation, stretching and balance training to help improve daily living. No equipment needed to join. Leader: Nick Hurd

Intro To Tai Chi

Wednesdays: 11:15–11:45am

Registration Code: [89952](#)

Join your peers as we develop physical, mental, emotional and spiritual health by attending this introductory program to Tai Chi. This is a basic movement Tai Chi program geared to learning new skills.

Leader: Sema Panther, Ocean Air Rec Center

Dance Class

Wednesdays: 12:00–1:00pm

Registration Code: [76242](#)

Are you bored of sitting and watching television? Are you ready to get out of your chair and move? If so, join us for a weekly dance lesson which includes a different dance style each month (June–Batchata, July–Salsa, August–Cha–Cha).

Leader: Victor Ortiz

Otherwise Improv

Wednesdays: 2:30–4:30pm

Registration Code: [89942](#)

June 2nd, 16th, 30th; July 7th, 21th; August 4th, 18th

Come learn how to make it real! Join us on selected Wednesdays for an improvisational workshop. Learn the secrets of being in the moment. If you have good timing, you don’t need anything else! Program is open to individuals age 18 and over.

Leader: Christophver R, Volunteer

Laugh Hour

Thursdays: 11:00am–12:00pm

Registration Code: [89940](#)

Scientific studies show that laughter: may reduce pain, lower stress, fight depression, reduce anger and more! Program is open to individuals age 18 and over.

Leader: Alicia S., Volunteer

Activities Continued

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 4 for registration instructions. Zoom codes will be sent prior to start of programs.

Lotería **Thursdays: 2:30–3:30pm** **Registration Code: [89941](#)**
Lotería is a traditional game of chance, similar to bingo, but using images on a deck of cards instead of numbers. Every image has a name and an assigned number. Three games will be played. Win free prizes. Se Habla Espanol. **Leader: Carlos C., San Ysidro Community Center**

Virtual Trivia **Fridays: 12:00–1:00pm** **Registration Code: [89946](#)**
June 4th & 18th, July 2nd & 16th, August 6th & 20th
AWS Trivia will provide an opportunity for participants to socialize with peers, enhance cognitive skills and learn new information in a fun way. Winners will receive prizes!
Leader: Victor Ortiz

Must See Movies **Second Fridays: 12:00–2:30pm** **Registration Code: [89948](#)**
(In-person: see page 5) **June 11th, July 9th, August 13th**
Watch distinguished films that have transcended time and trends. The film host will introduce each movie and then lead a question and answer session afterwards.
June 11th: Titanic-1953-Clifton Webb, Barbara Stanwyck
An estranged family travels onboard an ill-fated voyage.
July 9th: The Out-Of-Towners-1970-Jack Lemmon, Sandy Dennis
An Ohio couple faces havoc as they contemplate the challenges of living in New York City
August 13th: I Want to Live-1958-Susan Hayward **Leader: Bob J., Volunteer**

Poetry Party **First Fridays: 3:30–5:00pm** **Registration Code: [89943](#)**
June 4th, July 2nd, August 6th
Check in and socialize with your peers from 3:00–3:30pm. Readings will start at 3:30pm. Be bold, adventurous and virtually experience, first hand, the power of the spoken word.
Leader: Christophver R, Volunteer

Walk to Wellness **Saturdays: 8:30–10:00am** **Registration Code: [90646](#)**
(In-person: see page 5)
Get ready to walk away those extra pandemic pound's at our weekly Walk to Wellness program. Participants will have the opportunity to walk around the perimeter of PDLc and historic City Heights. Walkers will set their own weekly walking goals with staff and track and document their steps. For more information, contact Rafael at 619-236-6905 or email Rafaelp@sandiego.gov.
Leader: Barre McKee & Rafael Padilla

Bingo **Saturdays: 10:00–11:00am** **Registration Code: [89944](#)**
(Virtual & In-person: see page 5)
Bingo will be offered 2 x a month virtually (6/12, 6/26, 7/10, 7/24, 8/14, and 8/28) and 2x a month at PDLc located at 3901 Landis St, San Diego, 92105. (6/5, 6/19, 7/17, 7/31, 8/7, 8/21). Win prizes! **NO BINGO ON JULY 3rd**
Leader: Jennifer Walsten

Activities Continued

All codes are directly linked to SDRecConnect.com, so click the code to sign up. See page 4 for registration instructions. Zoom codes will be sent prior to start of programs.

Musical Bingo

Saturdays: 1:00–2:00pm

Registration Code: [90721](#)

(In-person: see page 5)

June 19th, July 17th, August 21st

Join in this musical spin on Bingo where numbers have been replaced with song titles. Listen to songs (and sing along if you like) and try to get Bingo on your card. Prizes will be awarded.

Leader: Alicia Bianchi

Virtual Trips

Saturdays: 1:00–2:00pm

Registration Code: [89945](#)

Take a virtual field trip to a new destination to learn, socialize, and discuss together.

June 12th: Visiting with Huell Howser–Bullocks Wilshire Library

June 26th: Huell Howser Visits Old Town Temecula & Wineries

July 10th: Visiting with Huell Howser–Griffith Observatory

July 24th: Visiting with Huell Howser–Warner Brothers

August 14th: Visiting with Huell Howser–Palm Springs Tram & Garden

August 28th: Catalina Island

Leader: Jennifer Walsten and Rafael Padilla

Parks & Recreation

Civic Dance...You Can Dance!

Since 1942, the Civic Dance Arts program of the San Diego Parks and Recreation Departments has been offering high quality, affordable dance lessons in disciplines such as Tap, Jazz, Ballet, Musical Theater, Modern, Hip Hop and Hawaiian dance to adults of all ages and abilities. Summer registration opens **June 26th**, with in person dance classes beginning the week of June 28th. More information:

www.cividdancearts.org



Aquatics

The following City of San Diego pools are currently open. Please call for more information. Lane reservations can be made at www.sdrecconnect.com or by calling the pools at the numbers listed.

VISTA TERRACE (619) 424-0469

310 Athey Avenue, San Diego, 92173

Tues, Thurs, Sun from 10:30am–3:30 pm

MARTIN LUTHER KING JR. (619) 527-3451

6401 Skyline Drive, 92114

Mon, Wed, Sat from 10:30am–4:30 pm

CLAIREMONT (858) 581-9923

3600 Clairemont Dr, San Diego, 92117

Mon, Wed, Fri from 10:00am–3:00pm

CARMEL VALLEY (858) 552-1623

3777 Townsgate Drive, 92130

Mon, Wed, Fri from 1:00pm– 5:00pm

Volunteer Updates

Volunteering can offer an opportunity to pursue different passions and at the same time benefit an individual physically and mentally. Whether assisting with outings, special events, programs or in the office, AWS has many meaningful opportunities to get involved to help people in their communities. For information about volunteering with the City of San Diego's AgeWell Services, contact Sharon Moninger at (619) 236-7753 or Smoninger@sandiego.gov.

Happy Birthday!



Please join us in celebrating the following AgeWell Services' volunteer birthdays: Bill B. (6/27), Jessica B. (7/6), Michael T. (7/13), Chris B. (7/22), Helen L. (7/31), Angie W. (8/5) and Carmen S. (8/10). Happy birthday to one and all. We hope you have a fantastic day!



Daily Social Call: Marlys

Marlys made a significant impact in the lives of hundreds of older adults who receive a weekly Social Call on Wednesdays. Marlys has dedicated over 320 hours and made over 2000

calls to older adults, many of whom were experiencing isolation, fear, loneliness and depression in the age of COVID-19. Patrons look forward to hearing Marlys' friendly voice and updating her on what is going on in their lives. Marlys's calls have helped to mitigate many seniors' anxiety and fear. She has been a part of the AWS Social Call Program for many years and didn't bat an eye when the numbers of patrons enrolled in the program from twelve (pre-Covid) to over 100 enrollees. AgeWell Services' staff appreciate Marlys' commitment and dedication to help other seniors during this unprecedented time and value her volunteerism.

AgeWell Services would like to acknowledge the AWS volunteers who received awards at the City of San Diego Volunteer Recognition Event held on April 14, 2021.

Volunteer of the Quarter (Jan.- March 2021)
Christophver R.

Volunteer of the Year -2020
Marlys E., Alicia S., Bob J.

Presidential Service Award
Connie J.

Lifetime Achievement Award
Christophver R.

**2020 California Coast Credit Union
Community Impact Award**
Bob J.

AgeWell Services staff congratulate you on a job well done! Thank you for all you do!

If you are interested in becoming a volunteer, please contact Sharon Moninger at (619) 236-7753 or Smoninger@sandiego.gov

Community Resources

Refer to the information listed below for community resources that might be helpful to older adults.

Important Numbers for Older Adult Services and Referral Information

Alzheimer's Association San Diego Chapter:	(800) 272-3900
211 Information:	211
AARP Community Action Team:	(619) 641-7020
Adult Protective Services:	(858) 495-5660
Aging and Independence Services:	(800) 510-2020
Consumer Fraud:	(619) 531-3507
Elder Law:	(858) 565-1392 (ext. 200)
Jewish Family Services:	(858) 637-3000
MTS Transportation (ADA Ride):	(877) 232-7433
Renter's Rights:	(858) 571-1166
Social Security Administration:	(800) 772-1213

HICAP (Health Insurance Counseling & Advocacy) -provides individual counseling to Medicare beneficiaries and their families. This service is free and unbiased. It is not affiliated with any insurance companies or hospitals and does not sell or recommend health insurance products or plans. Call to schedule a one-on-one appointment. (858) 565-1392.

AIS (Aging and Independence Service) provides services to older adults, people with disabilities and their family members to help keep clients safely in their homes, promote health and vital living, and publicize positive contributions made by older adults and persons with disabilities. For more information, call (800) 510-2020.

211 San Diego is a free 24-hour confidential phone service in 200+ languages and a searchable online database. 211 provides information on health and wellness, housing and utilities, food assistance, military and veteran services and more. Just dial 211 for assistance.

Elder Law - provides legal services for seniors (60+ years) in areas such as wills, landlord or tenant issues and Medicare and MediCal issues. Services are free; donations are welcome. Appointments are required. Call (858) 565- 1392, extension 200 to schedule an appointment or for more information.

ElderHelp provides personalized services & information that helps seniors remain independent & live with dignity in their own homes. Contact (619) 284-9281 or online at www.elderhelpofsandiego.org

La Jolla Community Center invites you to learn something new and join the online world using your iPad and iPhone. Technology can bring many potential advantages to seniors such as enhancing communication, bonding with family and friends, and reducing loneliness. The 10 week class will cover the basic functions, applications, and other fun features. This program is designed for beginners. Classes started on Monday, 4/19, but students are welcome to enter the class after the start date. Classes will be taught by Deborah Miller via Zoom. If you need assistance installing the Zoom application, please contact Deborah at: deborah@ljcommunitycenter.org. This program is free and open to all. Registration is required. www.ljcommunitycenter.org/series.

AgeWell Services

Photography Contest & Exhibit

Thank you for your participation in this year's successful AgeWell Services Photography Contest & Exhibit. There were 36 submissions, which received over 600 views online as well as 245 votes for this year's People's Choice Award. Listed below are the winners of each category and the People's Choice Award.

Nature/Landscape

- 1st– Dreaming Of A Covid-19 Free World
By George M.
- 2nd– Three States of Water by Marsha K.
- 3rd– Erewen Falls by Lester Mc.

Artistic

- 1st– Electric Rain by Don F.
- 2nd– Venice Abstract by Rita F.
- 3rd– US Bank Reflections by Don C.

Candid

- 1st– Prayers For Peace by James L.
- 2nd– Motorcycle Racer by Paula G.
- 3rd– Our Future Socialization
by Elizabeth H.

Animals

- 1st– Rosie Relaxing by Kathleen Mc.
- 2nd– World Pair by John H.
- 3rd– And There He Was by Korla E.

People's Choice Award

Nature/Landscape
Three States Of Water by Marsha K.

Thank you for sharing your photos with us! We enjoyed seeing the amazing talent our community had to offer and look forward to seeing everyone again next year!

To learn more about the programs, special events and services AgeWell Services offers, please visit our website at: www.sandiego.gov.

Thank You to this Years' Sponsors



AgeWell Services
Parks & Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

Return Service Requested

Would you like to go paperless?

If so, please email thescroll@sandiego.gov, Subject: Paperless Scroll. Starting with the next quarter you will receive an electronic version of the Scroll, sent directly to your email.

The City of
SAN DIEGO
Parks and Recreation Department

"To provide healthy, sustainable, and enriching environments for all."

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.



All City of San Diego parks and beaches are smoke free.

